



Detailed evaluation

HARMS, Rico

Total time: 1:18:53

Club: Berlin
Number: 860

Course: 32.69 km
Jedermann/Sprint (0,7/28/3,6 km)

Rank in course/Total: 34 (of 238)

Rank in course/Men: 34 (of 171)

Best time in course: 1:08:20

Category:
AK3 / TM 30

Rank in category: 4(of 20)

Best time in the category: 1:13:44

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	12:42	18:08	6	3:15	60	5:35	0.70	12:42	18:08	6	3:15	60	5:35
Wechsel S -> R	0.26	2:17	8:46	4	0:32	32	1:03	0.96	14:59	15:36	6	3:12	49	6:36
Schwimmen Total	0.96	14:59	15:36	6	3:12	49	6:36	0.96	14:59	15:36	6	3:12	49	6:36
Rad netto	28.00	48:28	1:43	4	2:25	36	47:37	28.96	1:03:27	2:11	4	4:14	39	47:01
Wechsel R -> L	0.13	1:00	7:41	5	0:21	46	0:24	29.09	1:04:27	2:12	4	4:12	37	7:21
Radfahren Total	28.13	49:28	1:45	4	2:38	32	3:58	29.09	1:04:27	2:12	4	4:12	37	7:21
Lauf	3.60	14:26	4:00	8	2:06	51	3:12	32.69	1:18:53	2:24	4	5:09	34	10:33